

WELLNESS STARTS WITH US

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SITUATION

Extension faculty and staff are charged with addressing and working to correct issues of health and wellness among adults, youth, and even animals throughout the nation. Our clients see us as role models. Yet, like everyone, we sometimes take our health for granted and often succumb to lack of motivation, no access to fitness activities/gyms, and overall poor general health. Faculty and staff stationed on or near campuses typically have access to employee wellness programs sponsored by their university but many don't know about these programs and/or lack motivation for involvement. Many of us are located far from campus with restricted access to activities or tools that would assist in becoming proactive in our own health. Productivity losses linked to absenteeism cost employers \$225.8 billion

each year. People going to work when they're sick accounts for nearly two-thirds of the total costs of worker illness. Both presenteeism and absenteeism are influenced by an employee's wellness. To address this, agents have been working tirelessly to generate motivational activities for our association membership.

PARTNERSHIPS

Providing wellness opportunities to Extension Agents and Specialists is a task taken on by Agents from multiple program areas. This multidisciplinary collaboration involves Family and Consumer Sciences (FCS) and 4-H Youth Development Agents who work in the areas of Nutrition, Wellness, Interpersonal Relationships, and Youth Development. There is a shared goal of providing healthy and fun activities to assist our colleagues in reaching their personal health goals while working.

WHY IS THIS THE RIGHT TIME FOR WELLNESS??



Costs of healthcare
Preventable chronic conditions
Healthcare consumerism

FACT
PRODUCTIVITY LOSS
— COSTS EMPLOYERS —
\$225.8 BILLION
EACH YEAR Source: CDC

RESULTS

The following activities and tools were completed/created:

- Conference/Meeting Wellness Challenges
 - Paper version
 - Qualtrics - mobile version
- Conference/Meeting Healthy Living Activities
 - Yoga
 - Aerobics
 - Stretch Breaks
 - Mindful Moments
 - Dance Classes
 - Water Aerobics
 - Walks
- Virtual Challenges through Apps/Social Media
 - Fitbit
 - Matchup
 - Facebook Group
 - Remind
- One on One Mentoring/Support Network
 - Social Media Blasts
 - Blog
 - Emails
- In Service Trainings
 - Mindfulness
 - Work-Life Balance
 - Goal Setting and Establishing Habits
 - Improving Health and Performance
- Fact Sheets
 - Apps for Health and Wealth
- Inclusion into programming
 - Healthy(ier) snacks/meals
 - Challenges with clientele
 - Physical Activity Breaks
 - Walking Meetings

CONCLUSION

Wellness activities included in conferences/meetings have helped to keep attendees active and interested in proceedings. Participants have reported more concern with health and confidence in their programming abilities. These activities may be adapted for use with youth or other audiences.

